Golden Career Strategies Coaching Prep Form

Please fill out this form in advance of each coaching session and email it to careerdevelopment@goldencareerstrategies.com

What celebrations am I most grateful for since the last call/meeting with my coach?

What have I accomplished since our last call/meeting?

What did I intend to do that did not get done?

What are the challenges and problems I am facing now?

What opportunities are available to me right now?

What do I want to accomplish in my next coaching meeting?

What do I commit to completing before my next call/meeting?

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